

## *Fabulous Fish Tacos!*

**Recipe:** from my friend, and fabulous massage therapist - Jen Bond

Because your need for sodium can be so great during your activity you want to make sure you get a balance of other nutrients in your diet such as Magnesium and Potassium. Serve this with a fabulous side salad and a tasty dinner is yours!

### **Fish Tacos with Avocado and fruit salsa**

Heat olive oil in pan and sauté onions add favorite fish such as salmon or halibut and dice to 1/2-1inch pieces, add a dash of sea salt and tbs of chipotle chilis- more if you like it spicy or less if you don't!

#### **Fruit Salsa**

1 kiwi  
1cup mango  
1cup pineapple  
1cup papya  
1/2cup cilantro coarsely chopped  
Lime juice from 2 limes

#### **Putting it all together**

Place fish in soft tacos and cover with fruit salsa and sliced avocado – roll up and voila! Bon Appetite!

